

Community Education Service

CES

Improving emotional health and well being

The Impact of Trauma

Presenter: Simone Saunders, MSW, RSW, Director & Founder of The Cognitive Corner

In this session participants will learn about the following:

- Learn about what trauma is and how it develops in childhood
- Learn how to talk to children about mental health
- Learn about resiliency building factors



This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with <u>The Cognitive Corner</u> and <u>Kickstand</u>.

CES@ahs.ca http://community.hmhc.ca/



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